

Mexborough St Johns DT Knowledge Organiser: Food and Nutrition- Spanish Tortilla Y4

Spanish Tortilla

The Spanish Tortilla, also known as Spanish Omelette, is the national dish of Spain. It is traditionally made from eggs and sliced potatoes with some also adding onions.



Vocab:

Fry: Cook in hot fat or oil, typically in a shallow pan.

Spit (oil): Emit small bursts of sparks or hot fat with a series of short, explosive noises.

Seasoning: To add flavouring to a food to enhance its taste.

Texture: How something feels or looks.

Bulking: Adding other ingredients when you haven't got enough of a certain ingredient.

Nutrients: A substance that provides nourishment essential to maintain life.

Balanced diet: A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health

Mentionable Information:

The Spanish egg dish was first mentioned in 1817. It stated that the Navarrese farmers at the time were highlighting the limited food they ate compared to those in the capital city, Pamplona. The women would use 2 or 3 eggs for 5 to 6 people, bulking it out with sliced potatoes, breadcrumbs or other vegetables and scraps.

Similar food versions can be found in other countries. Italy has the frittata and the UK has the omelette!

Nutrition:

Spanish tortillas are a good part of a balanced diet. They are made from eggs which are rich in proteins, vitamins and minerals. That being said, the oil used for frying them in and ingredients added can reduce the healthiness of the dish. For example, ingredients like chorizo and oils such as corn oil are less healthy as they contain a lot of fats.

The best idea is to make healthy choices when selecting your ingredients and choosing healthier alternatives where possible.

Key Questions and Knowledge:

- All things are designed with specific purpose and audience.
- Designs and prototypes need to be evaluated and adapted based on need.
- How will you prepare the ingredients? Chop? Slice? Grate?
- How will you include different food groups?
- What oil is best for cooking in?
- How will you keep safe while frying?
- Can you find healthier alternatives to ingredients?



Oils cook at different temperatures so need to be chosen carefully. Some oils can even add flavour to your tortilla.

Remember, some are healthier than others too!

